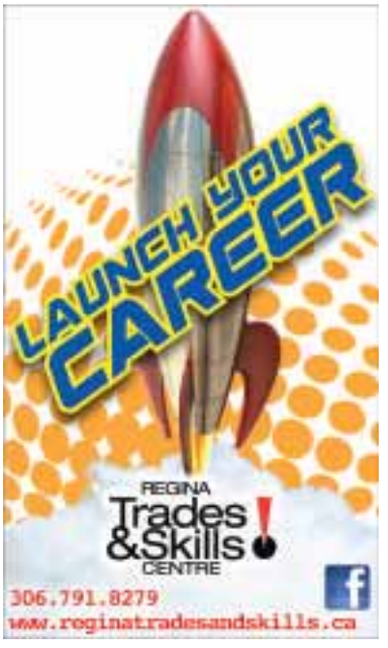
BLUNT TALK WITH LOOPER STAR

ACTRESS EMILY BLUNT ON HER ROLE AS AN AXE-WIELDING, SHOTGUN-TOTING FARMER IN THE ACTION-THRILLER PAGE 7



REGINA metro®

Tuesday, September 25, 2012

News worth sharing.

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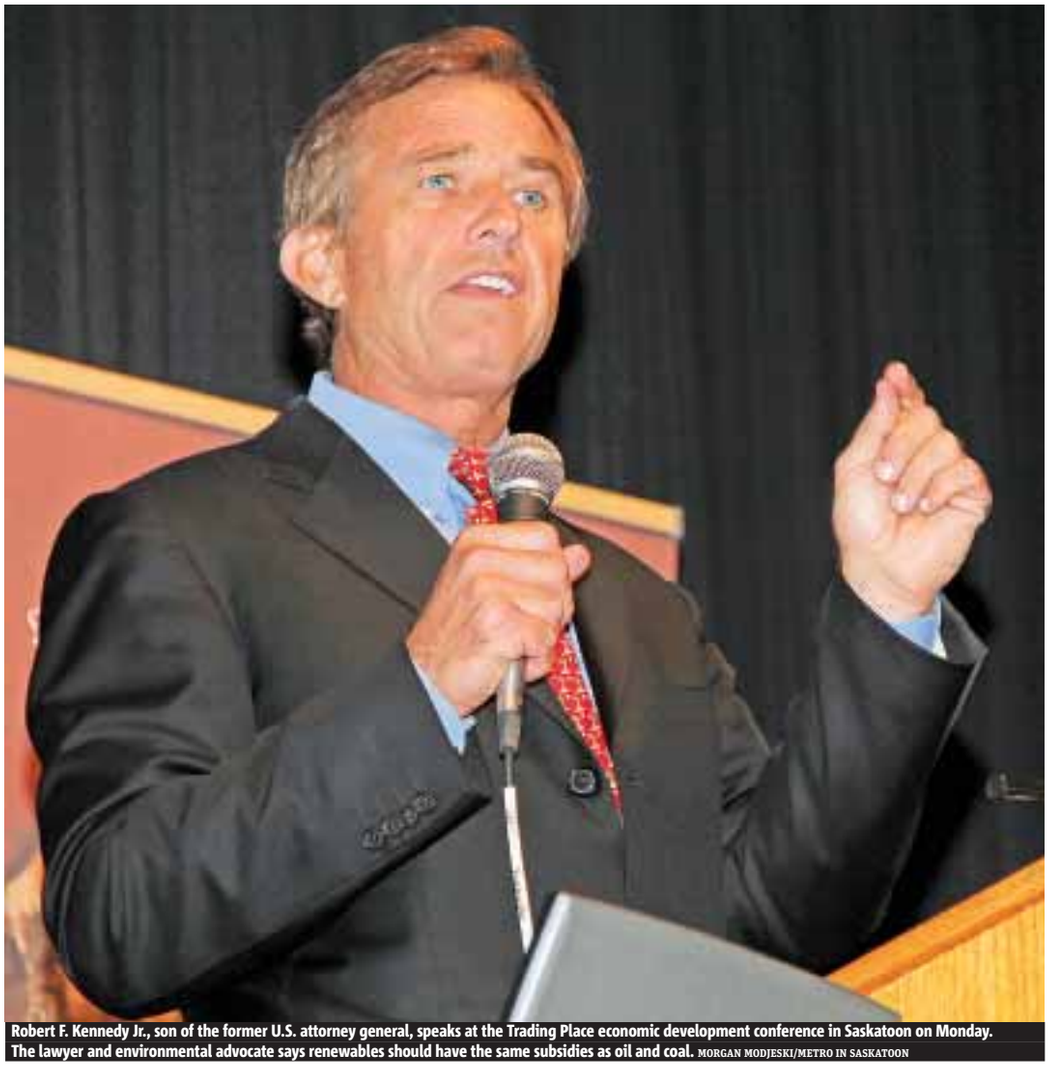
Renewable-energy subsidies should match coal, oil: Kennedy



Robert F. Kennedy Jr., son of the former U.S. attorney general, speaks at the Trading Place economic development conference in Saskatoon on Monday. The lawyer and environmental advocate says renewables should have the same subsidies as oil and coal. MORGAN MODJESKI/METRO IN SASKATOON

The Trading Place conference. Keynote speaker says aboriginals could be catalysts to energy change

MORGAN MODJESKI
Metro in Saskatoon

A member of American political royalty graced the city of Saskatoon on Monday afternoon, and he had a message to relay to the province's aboriginal people.

Robert F. Kennedy Jr., an environmental advocate and lawyer, told Saskatchewan's First Nations leaders to take advantage of the potential for renewable natural resources in the province, but said they first need to seek similar subsidies given to other energy industries, like coal and oil.

"If you wiped out all of those subsidies, there's no way that coal could compete with wind and solar in this province," said Kennedy.

"You either have to get rid of the subsidies or you have to begin levelling the playing field by making sure that renewables get the same kind of subsidies as the incumbents."

Kennedy, who was a keynote speaker at the Federation of Saskatchewan Indian Nations' Trading Place economic conference, told reporters that Saskatchewan's aboriginal people could be the voice to instigate that change in the province.

"First Nations have been the spear-point for renewable energy in this country," said Kennedy.

"I just met with the chiefs and they're desperate to use their lands and their resources to produce renewable energy, but, unfortunately, they're not getting the kind of support they need from the government."

Seeing the potential

Robert F. Kennedy Jr., after meeting with First Nations chiefs:

- "They see the potential, they want clean energy, they have respect for the land and they also have respect for future generations ... but, unfortunately, the government is allowing these huge subsidies to the incumbents, to the carbon cronies — the coal, oil and gas — but giving, at best, minimum support or subsidies to wind, solar or renewables."

A pot shot

A local man may get his medical marijuana paid for by the Saskatchewan Workers' Compensation Board after a judge ruled a special tribunal should have considered his case on its own merits PAGE 2

When it's all about Steve

Is your new guy self-confident, or just self-absorbed? Our quiz may help you figure out whether or not you're dating a narcissist PAGE 9

NEWS 1

Employees Sarah Bray, Cassandra Julé and Kaylynn Colb outside the Head to Head Novelties store on Dewdney. Shop owner Tim Selenski says a recent court ruling may have blazed the trail to help a Regina man get his medical marijuana paid for by the Saskatchewan Workers' Compensation Board. ROB BROWN/METRO

Workers' comp. court decision goes to pot

Medicinal Mary Jane. Marijuana decision an error, says Court of Queen's Bench

ROB BROWN
rob.brown@metronews.ca

A recent court decision in favour of a Regina man looking for the Workers' Compensation Board to pay for his medical marijuana has licensed marijuana seller Tim Selenski stoked. And yes, perhaps a little toked.

"The court has been ordered to look at the case according to law. If they do, it should be a pretty straightforward approval," says Selenski, owner of Head to Head Novelties on Dewdney.

Carey Heilman has been taking marijuana — upon the advice of his neurologist — after back injuries and surgeries left him unable to return to work. Since May, Heilman had been waiting for results of a judicial review concerning the Saskatchewan WCB's decision not to pay for his ganja.

Justice Janet McMurtry ruled last week that a special tribunal didn't make an independent decision about Heilman's case and rather should have considered the case on its merits instead of only examining WCB policies. Selenski said it makes no sense for Heilman to face so much red tape in Saskatchewan.

"There are people in Quebec and Nova Scotia that have WCB paying for medical marijuana. It makes no sense having to appeal it here if it is legitimate in other provinces. The WCB covers prescriptions — this is a prescription," he said.

In 2005 the WCB in Quebec was ordered by the Quebec Superior Court to pay for medical marijuana as it would any other pharmaceutical. Alberta and Ontario have since adopted similar policies.

Regulation

- In 1996, California enacted the Compassionate Use Act to ensure seriously ill Californians have the right to obtain and use marijuana for medical purposes.
- In 2001, Canada became the first country to adopt a federal system regulating the use of marijuana for medicinal purposes.

Trade mission

Expanded exports to Asia expected

Saskatchewan deputy agriculture minister Alanna Cook says prospects are excellent for expanded farm exports to southeast Asia.

Cook is in Shanghai on a 10-day trade mission to Asia. She says the Chinese and Japanese are interested in Prairie wheat and canola. CKRM/THE CANADIAN PRESS

First Canadian in space

Astronaut lands in Regina

Canadian astronaut Marc Garneau is in Regina this weekend — as a keynote speaker at the India Canada Association dinner.

Garneau, the first Canadian in space, will deliver a keynote address on Sept. 29 at the 31st annual India Supper Night at the Conexus Arts Centre. Proceeds from this year's dinner will go to Kids Help Phone. For more information or to book tickets call 585-0318 or 359-1641. METRO

NHL Hall of Famer

Bossy in Queen City Wednesday

A former NHL superstar will be in Regina this week.

Mike Bossy, former New York Islander and Hall of Famer, will be speaking Wednesday at the University of Regina, supporting the Saskatchewan Children's Justice Foundation.

Bossy, a four-time Stanley Cup winner, will speak about his time in the National Hockey League and working for the New York Islanders.

Tickets for the evening are still available at the University of Regina Kinesiology and Health Studies department. METRO

Mobile news

Qriket

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Consular services

Embassy-sharing with Britain sparks criticism

The plan by Canada and Britain to consolidate consular services in some embassies sparked criticism Monday that the Harper government is turning back the clock on the country's relationship with its former colonial master.

By all appearances, the agreement to share some consular services in each others' embassies represented little change from the status quo. But the fanfare associated with the announcement raised questions about whether Canada was compromising its foreign policy interests abroad.

THE CANADIAN PRESS

Toxic methanol

Czech police arrest two in poisoning that killed 25

Police have arrested two people suspected in a wave of methanol poisoning that has killed at least 25 people in the Czech Republic in the past two weeks, officials said Monday.

State prosecutor Roman Kafka said the two are suspected of producing a "brutal blend" of toxic methanol with drinking alcohol. Authorities believe this blend has been responsible for all the deaths.

Kafka said the two were working at a plant that uses methanol as an ingredient to produce windshield washer fluid.

THE ASSOCIATED PRESS

Homelessness

Housing homeless is cheaper than status quo: Study

A new study suggests it's far cheaper to give a homeless person a place to live than to provide a patchwork of emergency services.

The study by Stephen Gaetz, director of the Canadian Homelessness Research Network, found that governments are spending at least $4.5 billion a year dealing with homeless people, including the cost of health care, law enforcement, shelters and food banks.

That's because their use of the health system is high and unpredictable, and because they often have run-ins with the justice system.

THE CANADIAN PRESS

Health officials monitoring fatal SARS-like virus

Familiar scene? So far there is no connection between the cases except for a history of travel in Saudi Arabia

Global health officials are closely following a new respiratory virus related to SARS that is believed to have killed at least one person in Saudi Arabia and left another person in critical condition in Britain.

The germ is a coronavirus, from a family of viruses that cause the common cold as well as SARS, the severe acute respiratory syndrome that killed some 800 people, mostly in Asia, in a 2003 epidemic.

In the latest case, British officials alerted the World Health Organization on Saturday of the new virus in a man who transferred from Qatar to be treated in London. He had recently travelled to Saudi Arabia and is now being treated in an intensive care unit after suffering kidney failure.

Health officials don't know yet whether the virus could spread as rapidly as SARS did or if it might kill as many people.

"It's still (in the) very early days," said Gregory Hartl, a WHO spokesman. "At the moment, we have two sporadic cases and there are still a lot of holes to be filled in."

Hartl said it was unclear how the virus spreads. Coronaviruses are typically spread in the air but Hartl said scientists were considering the possibility that the patients were infected directly by animals. He said there was no evidence yet of any human-to-human transmission. THE ASSOCIATED PRESS

Hajj pilgrimage

Saudi officials said they were concerned the upcoming hajj pilgrimage next month, which brings millions of people to Saudi Arabia from all over the world, could provide more opportunities for the virus to spread.

- They advised pilgrims to keep their hands clean and wear masks in crowded places.
- The hajj has previously sparked outbreaks of diseases including the flu, meningitis and polio.

A man wears a protective mask as he carries a bouquet of flowers at Women's College Hospital in Toronto in March 2003. Global health officials are following a new respiratory virus related to SARS that is believed to have killed at least one person in Saudi Arabia and left another person in critical condition in Britain. THE CANADIAN PRESS FILE

Coronavirus

New disease linked to SARS family

There are a large number of coronaviruses. Some infect animals, others infect birds and still others infect people. In humans, coronaviruses typically cause colds.

But a coronavirus was also the cause of the 2003 outbreak of severe acute respiratory syndrome, or SARS, which killed 44 people in Toronto and about 775 people worldwide. The new coronavirus reportedly causes severe pneumonia and kidney failure.

To date there is no sign of spread to health-care workers. That is important because health-care workers often serve as inadvertent sentinels of the spread of infectious diseases.

During SARS, for instance, health-care workers were disproportionately affected, catching the new virus from patients they were struggling to save.

THE CANADIAN PRESS

Family of missing climber clings to hope

A helicopter lifts off carrying survivors from the debris field of an avalanche on Mount Manaslu in Nepal on Sunday. ALPINE ASCENTS INTERNATIONAL/THE ASSOCIATED PRESS

The sister of a Canadian cardiologist missing since an avalanche smashed into his climbing expedition on a Himalayan peak says she has no choice but to cling to the faint hope he will be found alive.

Quebec heart specialist Dominique Ouimet, 48, is among several people still missing on Mount Manaslu, the world's eighth-tallest peak.

Officials say at least nine people are dead after the avalanche roared through their camp around 4 a.m. Sunday, while more than two dozen climbers were still sleeping in their tents.

Rescue teams scoured the area Monday for six missing climbers.

The doctor's sister, Isabelle Ouimet, told Radio-Canada in an interview that she had not given up on the possibility that her brother is still alive.

On Monday, four rescue helicopters scanned the slope's peak in search of the missing.

By midday, rescuers had brought down eight bodies and were trying to retrieve the ninth from the 7,000-metre area where the avalanche struck, police Chief Basanta Bahadur Kuwar said. THE ASSOCIATED PRESS

'Hooey.' Clement denies using ghostwriter for online town hall tweets

Treasury Board President Tony Clement is dismissing as "hooey" a report suggesting he was not the author of his own tweets during an online town hall last year.

The Canadian Press, citing documents obtained under the Access to Information Act, reported this week that Clement's staff did much of the tweet composition.

The documents said Clement had employed a "ghostwriter" to create tweets and that some were written before the town hall last December as stock answers.

"The ghostwriter worked with subject matter experts to identify responses to questions and then worked with Clement to determine how to tweet in his voice," the documents said.

But the minister took to Twitter on Monday to deny the report. "That's a bunch of hooey," Clement wrote. "Docs are wrong. I directed the responses." THE CANADIAN PRESS

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Cheryl Hickey
Host
Entertainment Tonight Canada

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*No purchase necessary. Contest runs Sept 24/12 at 6:00:00am ET - Sept 30/12 at 11:59:59pm ET. Open to legal residents of Canada (excluding Quebec) who are age of majority. To enter, send a Tweet with the hashtag #CIBCRunforthecure. Limit 1 entry per day. 1 Prize of 50,000 Aeroplan® Miles available (ARV: depends on redemption choices). Odds depend on number of eligible entries received. Math skill-testing question required. Full rules at: http://facebook.cundari.com/cibc_rftc_tab/CIBCtweetTheRunContest/rules.pdf. ™Trademark of the Canadian Breast Cancer Foundation, used under license. †Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation. "CIBC Pink Collection" and "CIBC For what matters." are trademarks of CIBC.

Nye the Science Guy takes on creationists

Debate. Iconic host of scientific children's program criticizes push away from teaching evolution in U.S. schools

The man known to a generation of Americans as "The Science Guy" is condemning efforts by some Christian groups to cast doubts on evolution and lawmakers who want to bring the Bible into science classrooms.

Bill Nye, a mechanical engineer and star of the popular 1990s TV show Bill Nye the Science Guy, has waded into the evolution debate with an online video that urges parents not to pass their religious-based doubts about evolution on to their children.

Nye has spent a career teaching science to children and teens with good-natured and sometimes silly humour, but has not been known to delve into topics as divisive as evolution.

Bill Nye
THE ASSOCIATED PRESS FILE

Christians who view the stories of the Old Testament as historical fact have come to be known as creationists, and many argue that the world was created by God just a few thousand years ago.

"The Earth is not 6,000 or 10,000 years old," Nye said in an interview with The Associated Press, citing scientists' estimates that it is about 4.5 billion years old. "It's not. And if that conflicts with your beliefs, I strongly feel you should question your beliefs."

Millions of Americans do hold those beliefs, according to a June Gallup poll that found 46 per cent of Americans believe God created humans in their present form about 10,000 years ago.

Nye, 56, also decried efforts in recent years by lawmakers and school boards in some U.S. states to present Bible stories as an alternative to evolution in public schools. Tennessee passed a law earlier this year that protects teachers who let students criticize evolution and other scientific theories. That echoes a Louisiana law passed in 2008 that allows teachers to introduce supplemental teaching materials in science classes.

"If we raise a generation of students who don't believe in the process of science, who think everything that we've come to know about nature and the universe can be dismissed by a few sentences translated into English from some ancient text, you're not going to continue to innovate," Nye said in an interview. THE ASSOCIATED PRESS

Catholic bishops

No sacrament without taxation

A Catholic reform group in Germany criticized the country's bishops Monday for declaring that believers who refuse to pay religious taxes won't be able to receive the sacrament, become godparents or work in church institutions. A century-old agreement with the state adds up to nine per cent to the income-tax bill of Germany's 25 million registered Roman Catholics, earning the church more than $5.2 billion annually. The same tax applies to Protestants and Jews.
THE ASSOCIATED PRESS

Saudi Arabia

Nigerian women kept from Mecca

Nigerian officials say 398 Muslim women travelling to Mecca were temporarily held at a Saudi Arabian airport for travelling without male relatives. Spokesman Uba Mana said the women were allowed to proceed with their pilgrimage Monday. An agreement allows Nigerian women to perform hajj without a male relative.
THE ASSOCIATED PRESS

Prelude to Yom Kippur

Ultra-Orthodox Jews surround a pool as they participate in a Tashlich ceremony in the ultra-Orthodox Israeli town of Bnei Brak, Monday. Tashlich, which means "to cast away" in Hebrew, is the practice by which Jews go to a large flowing body of water and symbolically "throw away" their sins by throwing a piece of bread, or similar food, into the water before the Jewish holiday of Yom Kippur, which starts on Tuesday.

ODED BALILTY/THE ASSOCIATED PRESS

'Still too pricey'

Facebook stock takes another dive

Facebook Inc.'s stock took a hit Monday after an article in the financial magazine Barron's said it is "still too pricey" despite a sharp decline since its initial public offering.

Though Facebook's stock has plunged since its May IPO, Andrew Bary at Barron's said the stock trades at "high multiples of both sales and earnings, even as uncertainty about the outlook for its business grows."

Facebook's stock fell $2.20 US, or 9.6 per cent, to $20.66 US in afternoon trading. The company went public on May 18 at a share price of $38 US. THE ASSOCIATED PRESS

Code-share agreement

WestJet adds BA to network

WestJet Airlines Ltd. has added British Airways as its eighth code-share partner, enabling the U.K. carrier to sell seats on WestJet's planes. The deal is meant to draw more international travellers into WestJet's network. THE CANADIAN PRESS

Labour negotiations

CAW asks Chrysler workers to hang on

The Canadian Auto Workers urged its members at Chrysler to be patient and stay on the job as formal talks resumed Monday, following a weekend pause while the union ensured ratification of a deal with Ford. THE CANADIAN PRESS

Consumer debt

Canadians don't mind borrowing, survey finds

A new poll suggests that most Canadians are quite comfortable with using debt as a financial strategy — at a time when debt loads have risen to alarming new highs.

The survey, done for bankruptcy trustees Hoyes, Michalos & Associates, finds nine out of 10 respondents would consider borrowing money to cover an unexpected cost.

The poll by Harris/Decima asked respondents how confident they were about being able to raise $2,000 within a month if an unexpected need arose. THE CANADIAN PRESS

Wrong call: Sales of Apple's latest release disappoint analysts

Staff welcome customers Friday at the Apple store in Hong Kong, as sales of the new iPhone 5 got underway. On Monday, Apple Inc. said that it sold more than five million units of the iPhone 5 in the three days since the model's retail launch — less than analysts had expected. KIN CHEUNG/THE ASSOCIATED PRESS

Mortgage rules slow housing market: Report

August figures. Sales drop occurred in 21 of 28 metropolitan areas across Canada, says Conference Board

Canada's housing market appears to be cooling across the board in the face of tighter mortgage rules that affect many first-time buyers of modest means, a new analysis from the Conference Board shows.

The think tank's snapshot of resales for August shows a widespread decline in sales of existing homes, with 21 of 28 metropolitan markets registering a drop from July, and 16 of the markets showing a falloff of five per cent or more.

As well, listings fell in 17 of the 28 markets, an indication that owners were reluctant to place their homes for sale due to soft conditions.

Senior economist Robin Wiebe of the Conference Board said there was evidence of cooling in some markets — particularly Vancouver and Victoria — before the new rules went into effect July 9. But the new data shows the slowdown has spread to most markets and from coast to coast.

"When you see sales down in three-quarters of the market, that means it's pretty widespread," he said. "It's knocked previously high-flying markets like Regina and Saskatoon down a peg. Vancouver had been showing signs of cooling, now it's spread out into the Fraser Valley."

Still, the latest data shows that while sales and listings are down, prices appear to be holding steady. THE CANADIAN PRESS

Quoted

"When you see sales down in three-quarters of the market, that means it's pretty widespread."

Robin Wiebe, senior economist, Conference Board

iPhone maker halts plant after employee brawl

The company that makes Apple's iPhones suspended production at a factory in China on Monday after a brawl by as many as 2,000 employees at a dormitory injured 40 people.

The fight, the cause of which was under investigation, erupted Sunday night at a privately-managed dormitory near a Foxconn Technology Group factory in the northern city of Taiyuan, the company and Chinese police said. A police statement reported by the official Xinhua News Agency said 5,000 officers were dispatched to the scene.

The Taiwanese-owned company declined to say whether the factory was involved in iPhone production. It said the facility, which employs 79,000 people, would suspend work Monday and reopen Tuesday.

Foxconn makes iPhones and iPads for Apple Inc. and also assembles products for Microsoft Corp. and Hewlett-Packard Co. It is one of China's biggest employers, with some 1.2 million workers in factories in Taiyuan, the southern city of Shenzhen, in Chengdu in the west and in Zhengzhou in central China. THE ASSOCIATED PRESS

China-Japan tensions. Dispute over islands leads to customs delays

Japanese exporters are facing delays in shipments to some Chinese cities due to stepped-up customs inspections as tensions between the two countries over disputed islands remain elevated.

The delays in shipments to China have been caused by increased vetting by customs officials in Guangzhou, Shanghai and Tianjin, an official with the Japan External Trade Organization, Yumiko Yoshimura, said Monday. However, the situation was normal in other major cities such as Beijing, Dalian and Qingdao.

Kintetsu World Express, Japan's second-biggest freight-forwarding company, has cautioned its customers about possible delays at Chinese customs, although it hasn't received reports of any specific troubles. Sojitz Corp., a major trading firm specializing in China, said it was closely monitoring the situation but so far noticed no major delays or problems.

Tensions between China and Japan have spiked since the Japanese government, earlier this month, bought several disputed islands in the East China Sea from their Japanese owners. THE ASSOCIATED PRESS

By the numbers

$352B

Trade between China and Japan totalled $352 billion US last year.

Market Minute

DOLLAR
102.17¢
(-0.25¢)

TSX
12,313.54 (-70.06)

OIL
$91.93 US (-$0.96)

GOLD
$1,764.60 (-$13.40)

Natural gas: $2.837 (-4.8¢)
Dow Jones: 13,558.92 (-20.55)

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LINEUPS ARE FOR LUSHES

SHE SAYS...
Jessica Napier
metronews.ca

Last Saturday, I found myself in a position I swore I'd avoid forever: standing in line for a bar and hating every minute of it. Strangely, I felt as if I was the only person who understood what an awful reality the monstrously long line presented.

Didn't the crowd of Party-Rock enthusiasts surrounding me realize the one-in-one-out policy meant they'd be going inside roughly five minutes before last call? No, they were snapping Instagram selfies and seemingly oblivious to the chilly, just-turned-fall breeze on their inexplicably bare arms and legs.

But seriously, why wait?

"For Apple fanatics, the communal experience of waiting for the newest iThing is part of the fun, a shared cultural experience of electronic-device worship."

There is a certain kind of cynicism, or maybe we'll call it wisdom, that comes with age that dictates just how long you're willing to stand in line to go to *the* bar of the moment. I guess the under-25 set just has much more stamina when it comes to late-night lineups.

Most people would agree that waiting in line can be a frustrating, anxiety-inducing and altogether boring process. But we tend to experience lineups in different ways based on our desires, expectations and whether or not we enjoy the company we're with.

In his article The Psychology of Waiting in Lines, former Harvard Business School professor David Maister examines how businesses and service organizations can improve the experience of waiting in line. Maister insists that it's how we wait — not how long we wait — that counts.

Lines we perceive to be unfair, unexplained or uncertain will always seem longer. Comparatively, queues that are reasonable, explained and predictable are much more bearable. Maister also points out that occupied time feels shorter than unoccupied time. This is why you'll find bad magazines in the waiting room at the dentist and mirrors in elevators.

Sometimes, lineups themselves aren't just a means to an end, but part of the overall experience. Last week, devoted fan-boys and girls camped out at Apple stores around the world in anticipation of the release of the iPhone 5, a shiny new smartphone marginally better than its predecessor. For Apple fanatics, the communal experience of waiting for the newest iThing is part of the fun, a shared cultural experience of electronic-device worship.

Ultimately, lineups are inevitable and unavoidable — at airports, in emergency rooms and for every single public female bathroom in existence — but it isn't always the length of the line that determines whether or not something is worth the wait.

Unless it's already 1 a.m. and you're standing (in heels) behind 50 people in line for a bar. Then it's just time to go home.

Follow Jessica Napier on Twitter @MetroSheSays

How long you are willing to wait in line at a bar is correlated to the amount of alcohol you've consumed, presumably. SHAKESTERCODY/FLICKR

That's a jump to remember

KOEN VAN WEEL/EPA

War commemoration

Troops honour dead with airplane drop

Up to 1,100 troops from Holland, Belgium, Britain, Canada, Germany and the U.S. parachuted from airplanes above Ginkel Heath in the Netherlands.

The annual paratrooper drop this past weekend was to commemorate the Second World War's Battle of Arnhem, a significant airborne attempt by the Allies to cross the Rhine River.

METRO

Organizer's viewpoint

"It was a perfect opportunity for active servicemen to perform a true paratroop drop with their NATO allies."

Thijs van der Laan, communication advisor at the Airborne Commemoration Foundation (for the Battle of Arnhem)
Van der Laan told Metro that preparations to celebrate in two years, which will mark the 70th anniversary of the battle, are already underway. He noted that high members of the British and Dutch royal families would be in attendance.

History unearthed

Soldier's body found before ceremony

This year's commemoration was given added significance with the discovery of a British paratrooper's remains, almost 68 years to the day after he was killed in action.

The body — believed to be that of a soldier from Britain's 4th Parachute Brigade — was found with a metal detector. Two hand grenades were located near the body — the explosives were detonated on the spot.

METRO

Active paratroopers perform a drop to commemorate a famous battle. KOEN VAN WEEL/EPA

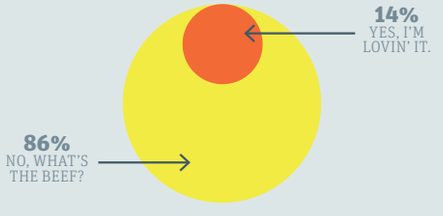
Online

Check out the video at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would you go to a vegetarian McDonald's?



Twitter

@GrodieApeman:
It would be nice if social media was used to debate actual campaign issues rather than reverting to high school hijinx. #yqrvotes #yqr

@JasonCox17:
Signed up on twitter to follow the #yqr election. Why anyone would use it to campaign is beyond me. Appears to cause more harm than good

@collettparks:
I just drove though Wascana Park to the MacKenzie Art Gallery to drop off brochures. The trees are incredible right now! #yqr

@hotmentalist:
Thanks to an amazing cab driver, and the sympathetic staff at #yqr STC I'm enroute to #yxe with no time to spare. #grateful

@chose2110:
I would fully back any mayoral candidate that intends to build a zoo in Regina. #yqrvotes

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DVD Reviews

The Avengers
Directed by: Joss Whedon and Zak Penn
Starring: Samuel L. Jackson, Robert Downey Jr., Mark Ruffalo and Scarlett Johansson

••••

You don't have to sport a propeller beanie to enjoy The Avengers, which may be the highest possible praise for what director Joss Whedon and co-writer Zak Penn have wrought in their energizing superhero adventure.

Whether you love or merely like The Avengers will likely come down to the performances of the ensemble, and not the perfunctory plot or the on-the-fly back story.

And what an ensemble it is.

Samuel L. Jackson is Nick Fury, the director of a global peacekeeping agency comprised of a fistful of Marvel Comics superheroes that include Iron Man (Robert Downey, Jr.), The Hulk (Mark Ruffalo), Captain America (Chris Evans), Thor (Chris Hemsworth) and newcomer to the team the Black Widow (Scarlett Johansson), a lethal gymnast.

They're summoned to join together to fight the threat posed by Thor's angry adoptive brother, who is in cahoots with a reptilian alien race called Chitauri.

PETER HOWELL

Damsels in Distress
Directed by: Whit Stillman
Starring: Greta Gerwig and Adam Brody

•••

Whit Stillman's screwball college comedy Damsels in Distress is only the fourth film in his 22-year career and his first since The Last Days of Disco in 1998. Perhaps he needs all that time to write and store up the amusing aphorisms that issue from the mouths of his creations.

He reserves his best bon mots for lead damsel Violet (Greta Gerwig), who leads a quartet of do-gooders determined to help people improve themselves at Seven Oaks College, even if it kills them.

"There's enough material here for a lifetime of social work," Violet sighs, looking around her at all the moody girls and moronic boys who have alarmingly shot up the campus suicide rate.

Aptly named campus newspaper editor Rick DeWolfe (Zach Woods) and Violet share a brisk exchange about who's in the know about what's really going down, in a moment that is scathing comedy. But the two hardly cross paths after this, and the loss is felt.

PETER HOWELL

Action thriller Looper has Emily Blunt doing some crazy stunts. ALAN MARKFIELD/HANDOUT

Getting physical with Looper's Emily Blunt

Q & A. Actress dishes on her rough-and-tumble role while giving us a taste of her nerdier side

NED EHRBAR
Metro World News in Hollywood

We sat down with Looper star Emily Blunt to talk about getting physical for her role in the film — namely, wielding a shotgun and an axe, despite the proper training — and how she got back at director Rian Johnson.

She also got into a bit of name-calling when the subject of time travel came up, but she can get away with it.

In this movie, you are quite handy with a shotgun.

Yeah! I hopefully didn't look like a sissy with a shotgun, so that's good.

No, you were very convincing, very threatening. How much prep did you do for that?

With the shotgun? The thing I prepped for, actually, was the chopping wood.

That's the thing I practiced for about a month beforehand in my backyard.

I had this guy come over and deliver logs and an axe, and he was like, "There you go." And I was like, "Oh, I don't know how to do this," and he was like, "I don't know how to do this either."

So I just practiced for a while. And that was probably the hardest scene to shoot, the chopping wood scene. Physically, by the end of the day I was just like, "Argh!"

I don't know how many takes you had to do...

A lot. A lot.

And did you exact any sort of revenge on Rian for making you chop so much wood?

I don't think I did, actually. I mean, maybe the most vengeful thing that happened was that we had to put fake blood on everyone, and the little boy hated it, so we doused Rian with fake blood as well just so he would feel like one of the team.

But it didn't help. The kid still hated it.

That's good, I think, that the kid hated being doused in fake blood.

Well, he should, right? He's five. He should hate that.

I'm still trying to wrap my head around the fact that the guy who delivers the wood and the axe doesn't know how to use it.

I know, I know. He just dropped the logs off and was like, "I think you kind of do it like this." I was like, "Oh great. I'll figure it out."

I wanted to talk a little bit, briefly about time travel...

Nerd.

Yes, yes. I am. Did you guys spend any time off-screen actually trying to wrap your heads around time travel?

I mean, I never get too wrapped up in the technological stuff. I don't really geek out for that stuff. I'm not the best person to nerd out with over time travel.

Quoted

"The thing I prepped for, actually, was the chopping wood. That's the thing I practiced for about a month beforehand in my backyard. I had this guy come over and deliver logs and an axe."
Emily Blunt

Exclusively online

Visit metronews.ca/scene to see our video interview with Emily Blunt.

SCENE

On the web

Qriket

Captain America gets new job title in Marvel's Ultimate Comics universe: Mr. President

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Katie Holmes

Pacey picks up: Holmes dials Dawson's co-star

So what's one of the first things Katie Holmes did after splitting with husband Tom Cruise? Reconnect with old friends. Former Dawson's Creek co-star Joshua Jackson confirms that he recently heard from Holmes in an interview on George Stroumboulopoulos Tonight. Jackson, who was rumoured to be linked romantically to Holmes years ago, says they had a "very nice" chat. "Like any old friend, it was like, 'Oh hi, how are you? What's going on?' 'I had a kid,'" he says. "I was very nice, actually."

Bradley Cooper

Did a night at the movies rekindle this romance?

Bradley Cooper and his The Words co-star Zoe Saldana are fueling suspicion once again that they're more than just friends, looking quite cosy after taking in a movie together in Los Angeles over the weekend, according to People magazine. The pair first sparked romance rumours while filming their indie drama and then again in January at the Sundance Film Festival, where they were "being very affectionate."

Twitter

@joelmchale
Dear Sun, We get it. You're awesome and powerful. Please stop. Love, Los Angeles.

@MissKellyO
Although Im working 14 hour days while I am here I bloody love being home!

@AlbertBrooks
I just thought of the world's funniest tweet.

@SofiaVergara
I party Like a mermaid!

The Word

How does John Mayer do it?

THE WORD
Dorothy Robinson
scene@metronews.ca

John Mayer's little black book reads like a who's who of GQ magazine covers: There's Jennifer Love Hewitt, Jessica Simpson, Jennifer Aniston, Minka Kelly, Taylor Swift, and, most recently, new divorcee Katy Perry.

But Perry's friends are worried about the singer due to Mayer's lady killer reputation, according to Radar Online. Sources say her pals are urging her to end it with Mayer before she gets too attached. "Katy's friends and family haven't taken to John at all. In fact, they are worried that she is headed for heartbreak," a source says. "Despite the fiery image Katy likes to present, she's actually more fragile than that, and when John dumped her a few weeks after they first got together she was devastated. Now that she has invested more feelings in John and has let her guard down, there's only one way this can end — in disaster."

Disaster — or an eventual song about Mayer and his heartbreaking ways. Or, depending on how you feel about Katy Perry's singing, it could be both.

Billie Joe Armstrong ALL PHOTOS GETTY IMAGES

He doesn't want to be an American idiot: Billie Joe heads to rehab

Green Day frontman Billie Joe Armstrong stunned a Las Vegas audience over the weekend with a guitar-smashing outburst after being told to wrap up his band's set. Instead, he flew into a rage, smashed his guitar, yelled at the audience and stormed off the stage. Now, it turns out it wasn't just a simple tantrum, as Armstrong is headed to rehab. "Green Day's Billie Joe Armstrong is seeking treatment for substance abuse," the band's rep said in a statement Sunday. "Green Day would like everyone to know that their set was not cut short by Clear Channel and to apologize to those they offended at the iHeart Radio Festival in Las Vegas."

All-star apology

"Green Day would like everyone to know that their set was not cut short by Clear Channel and to apologize to those they offended at the iHeart Radio Festival in Las Vegas."

Representative for Green Day

Kanye West

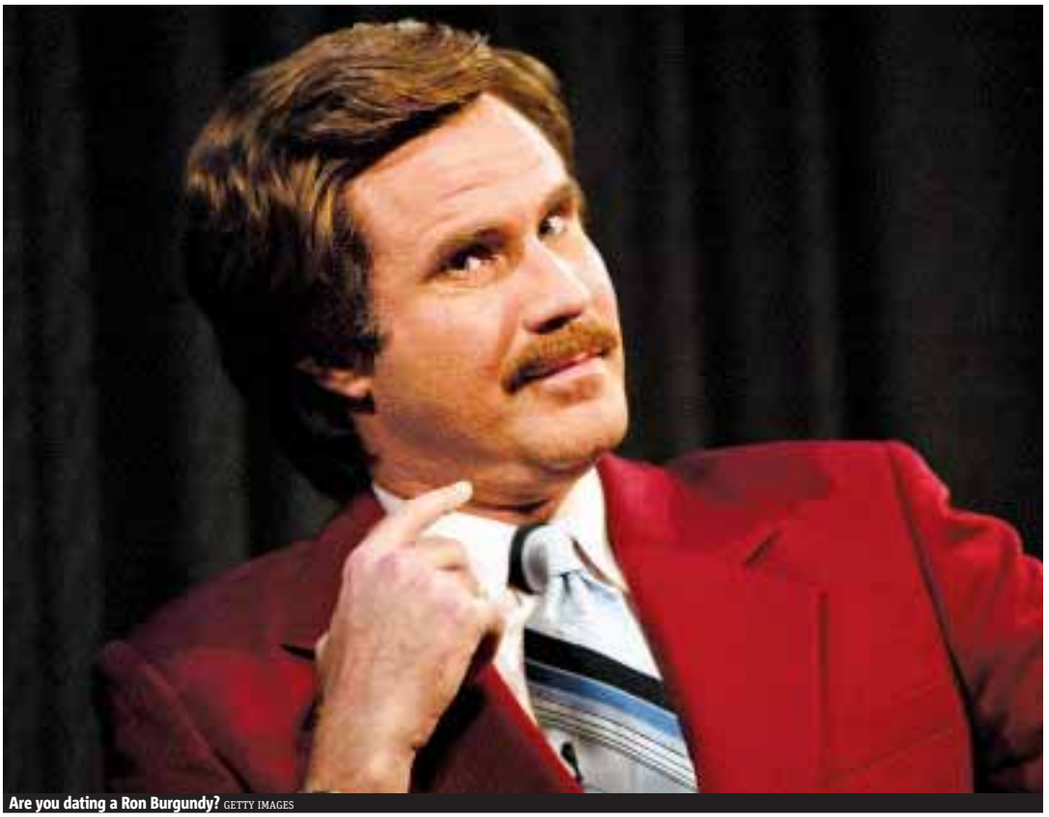
Lawyers putting the kibosh on Kanye tapes?

It looks like there could be some truth to the rumours of a Kanye West sex tape — or two, even — now that lawyers for the rapper have sent out a cease-and-desist letter to multiple media outlets demanding they take down posts featuring a screen shot allegedly from the video, according to AllHipHop.com. "Be advised that the screen shot, as well as the tape from which the screen shot was taken, were illegally obtained and believed to have been stolen from Mr. West's computer," West's attorney writes in the letter. And according to TMZ, there's a second sex tape featuring the rapper being shopped around. "Both tapes are impressively long. The first is roughly 20 minutes," source tell the website. "The second is more than 40."

Are you dating a narcissist?

Quiz. Your new guy seemed confident, loving and outgoing, until he slowly became critical, jealous and self absorbed

ROMINA McGUINNESS
life@metronews.ca



Are you dating a Ron Burgundy? GETTY IMAGES

Confidence. It's attractive in a man. But when dating, sometimes it's hard to determine where his healthy ego starts and narcissism begins. Is your man in love with you? Or himself? Or rather, does this sound familiar?

"Initially, you buy into this inflated image," says Gail Saltz, a psychoanalyst from New York. "But eventually, you come to realize the difference between confidence and insecurity covered over with swagger."

We asked the experts where this behaviour comes from.

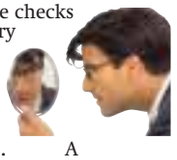
"Narcissism stems as a reaction to a home environment where a child wasn't allowed to develop an autonomous self," posits Sam Vaknin, author of Malignant Self-Love. "The child creates a 'false self' who is everything that the narcissist is not, but would like to be. Narcissism is a shell and inside there is a huge void. The narcissist does not know what it means to be himself — and as a result, has zero empathy."

To help, we put together a small quiz to help you figure out if your super 'awesome' and confident guy is a narcissist.

Quiz: Are you dating a narcissist?

1. By the end of your first date together you are:
A: Still trying to get over the fact someone so cool, attractive, successful and exciting wants to date you.
B. Whoa! Chill out — you're still not sure if there's going to be a date two.
C. The love of his life.

2. He uses the back of his iPhone as:
A. A mirror — he checks himself out every two seconds.
B. A ruler (hopefully not to rack out lines of cocaine).
C. A shrine to you. He's stuck a giant photo of you on it.



3. Sex is:
A. Less about your pleasure in the moment than his aggrandizement. It's all about his amazing body, crazy moves and his swagger.
B. Fair play: You both give and take.
C. Mind-blowing, mostly because he makes it all about you.

4. His group of friends….:
A. He fell out with his closest friends before you met. The ones he has now are like the hangers-on in Entourage.
B. Game of Thrones meets How I Met Your Mother meets Gossip Girl. Full of drama, hate, sex, lies, backstabbing — but mostly love.
C. Super tight. They've been friends since school and share spreadsheets to plan holidays and nights out.

5. He's cheated on you…:
A. Three to four times. That you know of.
B. You both sort of cheated once — but it was a Ross-Rachel thing. You were on a break.
C. He panics every time someone hits on him, let alone tries to kiss him.

6. The two of you bump in to your (hot) ex:
A. He immediately picks a fight because your ex looked you 'in the eye' and threatens to beat him up if he ever comes near you ever again. You, the ex's wife and his kids all witnessed the scene.
B. He just feels sorry for the guy. He doesn't know what he's missing out on since he's no longer with you.
C. He manages an awkward smile but he's so pale and stressed out it looks like he's about to pass out.

7. You've just been made redundant and you come home sobbing:
A. He tells you to get a grip, turns on the TV and spends the whole evening complaining about his lame $4,000 bonus and imminent pay raise.
B. He reminds you that you hated your job and wanted to quit anyway. At least this way you'll get a good payoff.
C. He helps you spruce up your CV, agrees to watch The Notebook without complaining and books you a spa weekend using his bonus money.

8. He spends his spare cash on:
A. Flashy cars, nights out, expensive watches, gadgets (he's on the waiting list for the iPhone 5). He updates his wardrobe every season, and yours. He doesn't want you cramping his style.
B. Fixing up his beat up car, beer and pizza.
C. You.

9. Your phone rings in the middle of the night:
A. You look out the window and see him standing on your doorstep: you didn't text him back so he's come to find out why.
B. Nothing major, just a bootie call.
C. You forgot your USB key at his house, the one with the presentation for those potentially huge clients. He's here to return it.

10. You say: Honey, that polka-dot shirt is a little too much:
A. How dare you question his taste? He goes mental at the fact that you've contradicted him and spends the rest of the night sulking. You get the message; never criticize him. Ever again.
B. But he totally digs his spotty shirt! There's no way he's changing.
C. He changes into the shirt your mother (i.e. you) gave him last Christmas.

SCORES:

If you scored a majority of A's
The narcissist boyfriend: Your boyfriend sounds like he could be a narcissist. That or he's so selfish he doesn't really care about you and your needs.

If you scored a majority of B's
The super chilled boyfriend: You're dating a no-nonsense dude. He's chilled and cool.

If you scored a majority of C's
The love struck boyfriend: Your boyfriend is so in love with you that you don't need to worry about him being a narcissist. If anything, he should think about his needs a little more.

By the numbers

3

Narcissism is three times more common in men than in women.

LIFE 3

On the web

Qriket

Health agencies aim to address the problem of providing health services to the Roma

Arthritis not just for the old

Health care. More than four and a half million Canadians are affected by the disease, and experts expect that number to rise

CELIA MILNE
life@metronews.ca

Linda Wilhelm was only 23-years-old — with a newborn baby and a two-year-old — when she was diagnosed with rheumatoid arthritis.

The disease hit her hard. She would eventually need two knee and two shoulder replacements, a new hip, an ankle fusion, a wrist fusion and an artificial elbow.

While her suffering has been more dramatic than most, her story is familiar to many.

She bounced from doctor to doctor, and no one had a care plan for her. More than 30 organizations involved in arthritis hope to change that. Last week, they launched a new national framework called the Joint Action on Arthritis. It is designed to coordinate arthritis efforts around the country, improve prevention and care, raise awareness of the disease, and strengthen research dollars. Wilhelm, a mother of three and a grandmother living in Midland, N.B., told her story at the Calgary launch, and was optimistic.

"I'm excited to see the launch of this framework, so nobody will fall through the cracks in our health care system."

Approximately 4.6 million Canadians are directly affected by arthritis, and many of them are young.

"Within a generation," says Dr. Dianne Mosher, president of the Arthritis Alliance of Canada and a Calgary rheumatologist, "the number of Canadians with arthritis will double, to the point that one in four of us will join the ranks of those suffering."

In future, patients will receive care from a team — doctors, nurses, and other experts — all in one clinic.

Experts expect the number of Canadians who suffer from arthritis to double within a generation. ISTOCK PHOTOS

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Best Health

Check out the buzz worthy foods

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the October issue of Best Health magazine — our annual Eat Well issue — dietitian Matthew Kadey looked into some of the foods that are causing a buzz lately. Here are a few.

Coconut water
A growing list of Hollywood celebs are raving about it, and more and more stores are carrying it. Coconut water is extracted from young coconuts and has only small amounts of sugar. Not to be confused with higher-fat coconut milk, coconut water is fat-free, tangy but slightly sweet and is full of the electrolyte potassium, which lowers blood pressure. In fact, just one cup of it has more potassium than a banana.

Avocado oil
It contains lutein, which helps promote healthy vision, and has a higher smoke point than olive oil so it works well for higher-temperature cooking such as stir-frying. Plus, more than 70 per cent of the calories in this buttery, green-tinged oil come from monounsaturated fat. This helps boost HDL (good) cholesterol.

Hemp beverage
Made by blending hemp seeds with water, this drink has a nutty flavour. Among non-dairy drinks including soy, almond and rice, hemp provides the most omega fats, which improve health. (However, soy has more protein.) Hemp is also a natural source of iron.

For more new foods look for the October issue of Best Health magazine, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

Coconut water is one of the buzz-worthy foods. ISTOCK PHOTOS

Tex Mex Chili's lighter side

ROSE REISMAN
for more, visit
rosereisman.com

This is a lighter chili typically served in the Southwest. Using chicken rather than beef reduces the calories and fat. Dusting the chicken with flour maintains the moisture. Aged cheddar is the perfect accompaniment and you can add diced avocado to the list of garnishes.

1. Place the chicken and flour in a bowl and toss to coat. Lightly coat a non-stick saucepan with cooking spray, add 1 tsp of the vegetable oil and set over medium heat. Sauté the chicken for 5 minutes or until it is lightly browned on all sides, but do not cook through. Set aside.

2. Respray the same saucepan, add the remaining vegetable oil and set over medium heat. Add the onion and cook until soft, stirring frequently, about 5 minutes. Stir in the corn and garlic and continue to cook and stir for 5 minutes or until the corn is browned.

Ingredients

- 12 oz skinless boneless chicken breasts (about 3 breasts), diced
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 1 cup canned corn, drained
- 2 tsp finely chopped garlic
- 1 1/2 cups canned black beans, drained and rinsed
- 2 1/2 cups tomato sauce
- 3/4 cup chicken (or beef) stock
- 1 tbsp chili powder
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1 1/2 tsp seeded and finely chopped jalapeño pepper
- pinch of salt and pepper
- 1/4 cup chopped cilantro
- 1/2 cup shredded aged light cheddar cheese
- 1/4 cup low-fat sour cream

3. Stir in the beans, tomato sauce, stock, chili powder, basil, oregano, jalapeño, salt and pepper. Bring to a boil, reduce the heat and cover. Simmer for 15 minutes. Add the diced chicken and simmer, uncovered, for 5 minutes or until the chicken is just cooked through and the chili thickens.

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

4. Serve the Tex Mex chili in bowls, and garnish with cilantro, aged light cheddar cheese and sour cream.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Spice it up!

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Here's a fancy new word for you: ORAC value. ORAC stands for the oxygen radical absorbency capacity of a food.

The leading theory in aging and age-related illness is the free radical damage that occurs when cells turn over during the normal course of taking care of their business.

Adding high ORAC foods is your best defence to reduce that damage and fight aging and illness.

Dark leafy greens, green tea and intensely coloured fruits are great but go beyond with the top six spices that have been shown to do the trick.

1. Cloves
2. Cinnamon
3. Rosemary
4. Oregano
5. Thyme
6. Turmeric

Most of these are in your pantry and you likely use them once a week (turmeric is in curry powder), but you'd be wise to work them all in daily.

Add cloves and/or cinnamon to your morning coffee, any type of yogurt or oatmeal.

Add fresh or dried herbs like rosemary, oregano and thyme to every soup or salad you have for lunch. They can also be added to pasta sauce.

If you are not a curry lover, think about turmeric capsules in your morning handful of supplements.

What's one more?

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Apple Empanadas. Replace beef for a dessert

1. In a large bowl, whisk together flour and salt. With pastry blender, cut in lard until mixture is in very fine crumbs.

2. Whisk 1 egg with milk; pour over flour mixture stirring until it clumps together. Turn out onto floured surface and knead to form soft dough. Wrap and refrigerate for 30 minutes. (Can be refrigerated for up to 2 days.)

3. Filling: In a bowl, stir together apples, sugar, flour, cinnamon and nutmeg.

4. Divide dough into 12 pieces and form into balls. On a lightly floured surface, roll each into a 15-cm (6-inch) circle. Spoon about 75 ml (1/3 cup) of the filling onto half of each circle, mounding slightly.

5. Fold other half over and press to seal (floured fork works well). Arrange on 2 greased baking sheets. Beat remaining egg; lightly brush over tops. Bake in a 190 C (375 F) oven until golden, 25 mins. THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

Empanadas
- 750 ml (3 cups) all-purpose flour
- 2 ml (1/2 tsp) salt
- 125 ml (1/2 cup) lard
- 2 eggs
- 175 ml (3/4 cup) milk

Apple Filling
- 1 l (4 cups) coarsely diced peeled apples
- 125 ml (1/2 cup) granulated sugar
- 30 ml (2 tbsp) all-purpose flour
- 5 ml (1 tsp) cinnamon
- 2 ml (1/2 tsp) grated nutmeg

Pork and Bean Burritos make the ideal on-the-run dinner

Prepare these pork and bean burritos ahead and have them ready to take for a supper on the run as busy fall activities swing into place.

Use your favourite bean variety such as black, white or kidney beans.

1. In large non-stick skillet, cook pork over medium-high heat for about 8 minutes or until no longer pink. Scrape meat into colander to drain. Set aside.

Ingredients

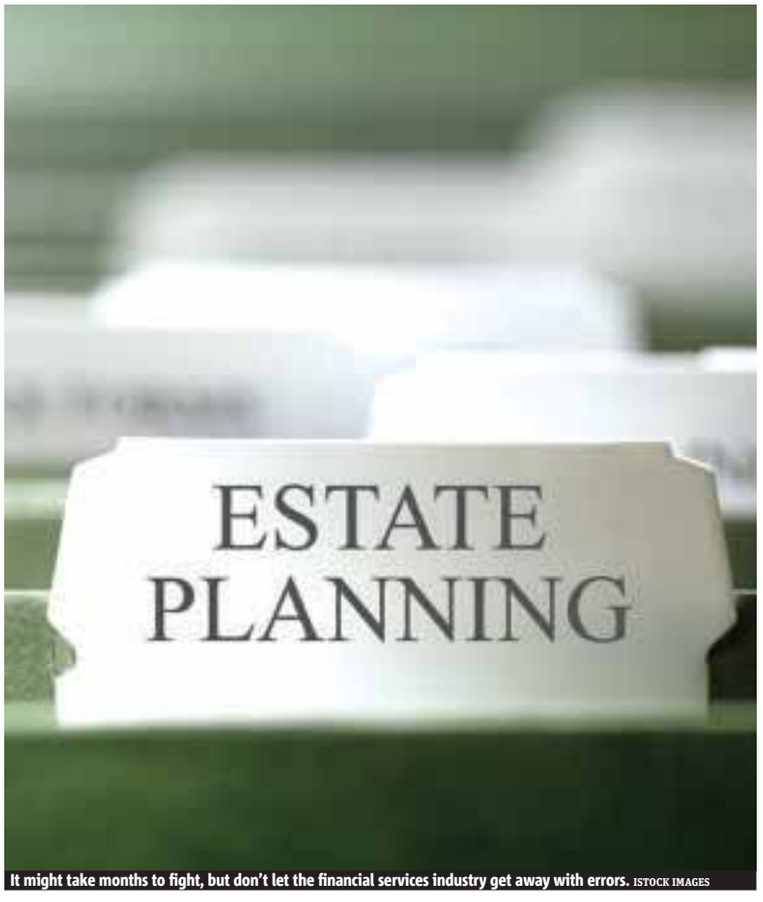
- 500 g (1 lb) lean ground pork
- 5 ml (1 tsp) canola oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 20 ml (4 tsp) chili powder
- 30 ml (2 tbsp) tomato paste
- 1 can (540 ml/19 oz) beans (no salt added), drained and rinsed
- 250 ml (1 cup) sodium-reduced chicken broth
- 1 red pepper, chopped
- 1 jalapeno pepper, seeded and minced
- 45 ml (3 tbsp) chopped fresh cilantro
- 6 large whole-grain flour tortillas (each 47 g)
- 75 ml (1/3 cup) shredded light cheddar cheese (optional)

This recipe serves six. THE CANADIAN PRESS H/O

2. Return skillet to medium heat and put oil on it. Add onion, garlic and chili powder; cook for 2 minutes. Add cooked pork and tomato paste and cook, stirring for 2 minutes. Add beans, broth, red pepper, jalapeno and cilantro and cook, stirring, for about 8 minutes or until liquid is absorbed.

3. Dividing mixture evenly, place along centre of each tortilla and sprinkle with cheese, if using. Fold ends in and roll up.

4. Toast burritos in a non-stick skillet over medium heat, turning once, for about 4 minutes or until golden on both sides. THE CANADIAN PRESS/ ONTARIO PORK PRODUCERS.



It might take months to fight, but don't let the financial services industry get away with errors. ISTOCK IMAGES

Dig your heels in: You too can win a battle against the big banks

Alison's Money Rule. If you feel something is unfair at your financial institution, put up a fight!

YOUR MONEY
Alison Griffiths
money@metronews.ca

I won! Maybe you can't fight city hall but you can fight battles (and sometimes win) against the financial services industry. Here's the back-story.

My dear old Dad died in January at 89. I am his executor. Because the estate was less than $25,000 in total, there was no need to probate the will.

Dad had a couple of bank accounts, a Registered Retirement Investment Fund (RRIF) and a small investment account at Canadian ShareOwner Investments Inc. (CSI) where he liked to dabble in the stock market.

Dad also had a bunch of pensions and a small life insurance policy. The pension and insurance people were cooperative and prompt as I went through the sad process of saying a financial goodbye to my father.

I expected the same from CSI, RBC, CIBC and TD Canada Trust. Au contraire. There isn't enough room here to outline all the time wasting mistakes, roadblocks, and bafflegab I experienced.

The institutions all had notarized copies of the will, death certificate, witnessed proof of my identity and a letter of direction from me, the executor, about what I wanted done with his accounts.

Even so, I was asked to sign and have notarized various "internal" affidavits in order to close any of his accounts or make transactions. CIBC refused to open an estate account because my father did not bank there, though I have for over 30 years. I could have gone to RBC where my father banked but after four significant errors, including an unauthorized $8,000 debit which took time and energy to reverse, I wasn't going near the place.

What are probate fees?

Probate fees are imposed by the court and vary by province. Assets such as RRSPs and insurance are not included in the fee calculation.

My lawyer, who specializes in estates, made it clear that CIBC had no legal grounds to refuse me, and the so-called "required" affidavits were not necessary. A follow up with the Solicitor General's office confirmed his information.

I dug in my heels. It took nearly four months to go up the various ladders. I could have given in but the patriarchal and intransigent attitudes in the financial industry got me fighting mad. In the end, I won. The banks and the Canadian ShareOwner acquiesced. The latter even waived a $150 fee.

The moral of the story is this: If you feel something is unfair at your financial institution, put up a fight — you might win.

Hey friend, you're busting my budget

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

I have to agree with The Beatles that "The best things in life are free" including the richness we find in our relationships with friends and family members. But, for many Canadians, money is often spent to experience relationships — dinners, parties, coffees, gifts, travel and more.

Have you ever wondered what it costs to have friends?

I started thinking about this last week as I embarked on medical treatment that will ultimately heal my dislocated jaw resulting from a random hiking accident.

For the next few months I won't be able to enjoy dinners at restaurants or workout classes — both activities cost money and involve hanging out with my pals.

In one short week I've saved $100 because I've had to find other activities to do with my friends which involve eating at home, low-impact exercise like walking and renting movies rather than going out to a theater.

What do you spend to maintain your relationships? Could you be more frugal without compromising your friendships?

According to a poll conducted in July by Coupon Cabin, 20 per cent of respondents have felt pressured to keep up with friends in terms of spending on things like homes, cars, clothes, dining, travel and more. Nineteen per cent of respondents spend $500 or more per year on gifts and nearly 20 per cent have had to 'break up' with pals because of money related issues.

If you're social life is busting your budget try these suggestions. Host pot-luck dinners and BBQs rather than eating at restaurants. Schedule coffee 'dates' rather than lunch. Pull out your dusty board games or old movies and entertain at home. If you like getting active, select free activities like walking, hiking, biking, running, football, baseball, or other sports. Rather than shopping for clothing and accessories, host a clothing swap over home made appetizers. If you're pals like to travel, challenge everyone to use loyalty points to pay for travel rather than cash. Take advantage of group discounts through online coupon sites like Groupon.

I'm not trying to suggest that you get rid of your friends so that you can save money.

Rather, as you invest time in enriching your relationships, inspire frugality amongst your friends.

Follow Lesley on Twitter @LesleyScorgie

Ever wondered how much money it costs to have friends? ISTOCK IMAGES

Denting cars

And that's why you always leave a note!

What is the correct etiquette when my kids fling open their car doors and damage/dent the car next to me? Can I please just ignore it and tell my kids to never do that again, or do I seriously have to write a personal note and pay for the damage?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Well I suspect you know my answer, especially since I just bought a brand new car two weeks ago.

Yes if your kids dent a door you should leave a little note, and do your best to teach your kids to be careful.

Now I know lots of you will write and say, just don't worry about it; dents and scratches happen all the time and nobody leaves a note. But remember, your question was "what is the correct etiquette?" Now what do most people do?

They pretend they did not see what they did, close their own car door and walk away!

So my final word is just do your best to be careful, but remember little scratches and accidents do happen, and this is life.

Ask yourself: What is the right thing to do? ISTOCK IMAGES

Stampeders plan to discipline Cornish for mooning fans

CFL. No immediate word whether league intends to punish rushing leader

Calgary running back Jon Cornish is tackled by Saskatchewan cornerback Terrell Maze, Sunday, in Regina. LIAM RICHARDS/THE CANADIAN PRESS FILE

Calgary Stampeders running back Jon Cornish has apologized for his actions during Sunday's 30-25 road loss to the Saskatchewan Roughriders.

The CFL team issued a statement Monday after reports indicated the native of New Westminster, B.C., exposed part of his buttocks to the crowd at Mosaic Stadium after the loss.

"The incident was a mistake on my part," Cornish said. "I definitely took things too far and it reflects poorly on the organization. First of all, I want to apologize to Coach (Hufnagel), all the coaches, my teammates, all the Stampeders fans and Stampeders organization and to the Riders fans and organization.

"It was an extreme lack of judgment on my part and I apologize to everyone in the CFL and to the commissioner. Nobody deserves to deal with this and I apologize to everyone involved."

Cornish, who leads the league with 947 rushing yards this season, was held to just 67 yards as Saskatchewan ended Calgary's four-game winning streak.

Stampeders coach and general manager John Hufnagel said the team plans to discipline Cornish.

"I think you see how disappointed Jon is in himself once he fully realized the seriousness of the matter," Hufnagel said in the statement. "I'm very disappointed in Jon Cornish.

"He took things way too far, and it needs to be dealt with. I've had a chat with Jon about it, he knows my feelings about it, he knows our president Lyle Bauer's feelings about it."

Cornish has scored eight touchdowns this season. He also has 24 receptions for 171 yards.

There was no immediate word on any potential discipline from the CFL.

"We have great pride in the organization and respect for our opponents and their fans.

"I believe that Jon Cornish learned a great lesson in being a true professional today and the proof of that is his willingness to stand up and admit his error publicly."

THE CANADIAN PRESS

Quoted

"It's an embarrassing incident that does not reflect the expectations we have for our players." Calgary Stampeders president **Lyle Bauer** on Cornish's actions

Twitter

@jonnycornish
My conduct last night was unbecoming of a professional athlete. I extend my apologies to my team, the Rider's organization and their fans.

@saskjacqui
@jonnycornish Hard to believe there is any sincerity in that apology after all the comments you made after the incident.

@RiderColin
@jonnycornish I know I'm not supposed to like you but I find your candor to be refreshing. Keep it up, don't let the fools get to you!

@VMac80
If a fan streaks at Mosaic they get banned for life. What does Jon Cornish get, @sskroughriders/@CFL? Banned? Public indecency charges?

@BitterGainer
Everyone stop talking about @Jonnnycornish 's trou-dropping before SLGA decides it was a striptease & strips the Stadium's liquor licence.

Tackling by hair is fair play, CFL confirms

Montreal's Trent Guy celebrates after scoring a touchdown against the Toronto Argonauts Sunday in Montreal. GRAHAM HUGHES/THE CANADIAN PRESS FILE

Fair warning to CFL players: Long, flowing hair might look great and by the latest rage, but it's fair game on the football field.

Tom Higgins, the CFL's director of officiating, said Monday long hair is deemed a part of a player's equipment and can be used in the making of a tackle. The issue came to light Sunday when Montreal kick-returner Trent Guy was twice pulled down by his long dreadlocks in the Alouettes' 31-10 nationally televised home win over the Toronto Argonauts.

Toronto's Mike Bradwell grabbed rookie Guy's hair in the second quarter during a punt return. A flag was thrown but the penalty was quickly overturned.

"It's part of the uniform," Higgins said. "It's like tackling a guy by the arm.

"It's a part of him so you're allowed to use it to make a tackle."

Guy, who returned a missed field goal a club-record 129 yards for a touchdown in the contest, said this wasn't the first time he had been pulled down by the hair.

"I've been tackled by my hair a number of times," the former Louisville standout said with a chuckle. "I'm kind of used to it now."

Surprisingly, Guy has never considered getting his hair cut.

"No, not at all," he said. "My hair has been pretty long since college and is just something I have to deal with.

THE CANADIAN PRESS

Hair pulling

- While grabbing a player's hair is legal, doing so intentionally isn't regarded as an accepted practice in football.
- Higgins said because the pro game is so fast, players are often left grasping for whatever they can get their hands on.

4 SPORTS

Mobile sports

Cricket

The Ryder Cup is heading to Chicago for the first time, and Luke Donald is the only player who can call the Windy City home. There's only one catch — Donald is English.

NHL. Oilers eye Seattle for possible relocation

With plans for a new arena in doubt, the Edmonton Oilers say they are considering a move to Seattle.

Oilers owner Daryl Katz, team president Patrick LaForge and Kevin Lowe, president of hockey operations, are in Seattle for meetings about a possible relocation to the city.

The Oilers said in a statement that while they hope to reach a deal with Edmonton on a new arena, the team is also listening to proposals from a number of potential NHL markets.

Seattle City Council approved hedge-fund manager Chris Hansen's plan for a $490-million US arena Monday that both sides hope will host an NBA and NHL team in the future.

The Oilers and the City of Edmonton had agreed on plans for a proposed $475-million cost-shared arena that would begin construction early next year.

But the arena and the Oilers' future in the city were thrown into doubt earlier this month when the team told councillors it wanted millions of dollars in new concessions from taxpayers. **THE CANADIAN PRESS**

NFL. Torn ACL puts Revis' season in doubt

The NFL's top shutdown cornerback likely will be shut down for the season.

Darrelle Revis has a torn anterior cruciate ligament in his left knee that will require surgery, a huge blow for the Jets that leaves coach Rex Ryan without his best defensive player.

A sombre Ryan stopped short of ruling Revis out for the season Monday, saying he just learned of the MRI results. But Revis will have to wait two or three weeks before surgery, Ryan said, and the recovery from an ACL tear is usually six to nine months. So the chances of Revis returning this season appear extremely slim. **THE ASSOCIATED PRESS**

Quoted

"It's something we have to overcome as a football team ... We're going to lose that presence."

Jets coach Rex Ryan on Darrelle Revis' injury

Jays' offence leaves Alvarez in the dark

MLB. 'We have to continue to battle,' Toronto skipper says after 7th-straight loss

Monday's game

Orioles	Blue Jays
4	1

The Toronto Blue Jays' final road trip of the season can't end soon enough.

Toronto's losing streak reached seven games Monday with a 4-1 defeat against the Baltimore Orioles in the opener of a doubleheader.

The Blue Jays are winless during a journey that began with three games in Yankee Stadium, continued in Tampa and will conclude at Camden Yards. They have been outscored 46-17 during their seven-game skid.

"We can't run from what's taking place, and yet we have to continue to battle," Blue Jays manager John Farrell said.

Henderson Alvarez (9-14) gave up four runs, eight hits and three walks in 5 2/3 innings. He's 2-7 in his last 10 starts.

Alvarez fell behind by giving up a two-run homer to Adam Jones in the fourth inning and a solo shot to Ryan Flaherty in the fifth.

Speaking through an interpreter, Alvarez addressed the two drives saying, "Pitch to Jones was high changeup. He's a good hitter and he did what he was supposed to do with that pitch. The other kid, the second baseman, (I) felt like it was a good pitch and he did a good job with it."

Jones went 4-for-4 to help the Orioles move within a half-game of the AL East lead.

Baltimore (88-65) matched the division-leading New York Yankees in the win column. New York was scheduled to play at Minnesota on Monday night. **THE ASSOCIATED PRESS**

Adam Jones rounds the bases after hitting a two-run home run off of Toronto's Henderson Alvarez in Baltimore on Monday. PATRICK SEMANSKY/THE ASSOCIATED PRESS

NHL labour talks stuck in neutral

A face-to-face meeting between top officials from the NHL and NHL Players' Association wasn't enough to break their labour stalemate.

The sides spent almost five hours together Monday going over accounting for last season, but didn't emerge with any plan to resume collective bargaining talks. The topic wasn't even raised, according to representatives from each camp.

Nine days into the lockout, negotiations remain on hold with the owners and players entrenched in their positions.

"Obviously, we've got to talk before you can get a deal, so I think it's important to get the talks going again," said deputy commissioner Bill Daly. "But you also have to have something to say. I think it's fair to say we feel like we need to hear from the players' association in a meaningful way because I don't think that they've really moved off their initial proposal."

Steve Fehr, the NHLPA's special counsel, declined comment following the meeting.

Neither NHLPA executive director Donald Fehr or commissioner Gary Bettman attended the meeting. But the two men were expected to take in an NHL alumni dinner Monday night where Daly suggested they may discuss resuming talks. **THE CANADIAN PRESS**

Quoted

"I think the league is waiting for us to make the move, and we're waiting for them to move. So someone has to move. And I don't see it coming from our end."

Red Wings forward Danny Cleary, predicting a prolonged lockout to the Detroit Free Press after an informal skate on Monday

Sports in pictures

1 MLB. Nats tighten grip on NL East

The Washington Nationals crushed the Milwaukee Brewers 12-2 on Monday to cut their magic number for winning the NL East to just five games. **THE ASSOCIATED PRESS**

2 Soccer. John Terry's racism hearing begins

John Terry's racism hearing started on Monday, a day after the Chelsea defender quit England duty in protest of the case being pursued by the Football Association.

Terry was charged by the FA despite being cleared in court of racially abusing Queens Park's Anton Ferdinand during a Premier League match in October. **THE ASSOCIATED PRESS**

3 NBA. Raptors say top rookie Valanciunas' injury not serious

Toronto Raptors rookie centre Jonas Valanciunas sustained a left calf strain during a workout over the weekend.

The Raptors said in a release Monday the injury isn't considered serious, though there is not yet a timeline for his return. **THE CANADIAN PRESS**

4 Tennis. Wozniacki through to Round 2 in Japan

Caroline Wozniacki beat Bojana Jovanovski 6-0, 3-6, 6-4 to advance into the second round of the Pan Pacific Open in Tokyo on Monday. **THE ASSOCIATED PRESS**

Horoscopes

♈ Aries
March 21 - April 20
Keep things in perspective and resist the urge to get emotional today. Partnership issues may be challenging but they are not half as bad as they seem. Everything will work out for the best in the end.

♉ Taurus
April 21 - May 21
Put your affairs in order today. The more you do now, the less you will have to do towards the end of the week and that means you will have more time for what you really enjoy. Make the effort.

♊ Gemini
May 22 - June 21
Saturn remains in the most dynamic area of your chart only until Oct. 5, so if there are things you still need to do, get on with them now. Don't look back one day and regret what might have been.

♋ Cancer
June 22 - July 23
Times may be tough in more ways than one but the long-term prognosis is extremely good, so cheer up. Today you should patch up your differences with a relative or friend. You still have so much in common.

♌ Leo
July 24 - Aug. 23
A brilliant idea will take hold in your mind today, the kind of idea that could transform your existence on every level. Don't let it get away from you. Find ways to act on it straight away.

♍ Virgo
Aug. 24 - Sept. 23
You need to admit, if only to yourself, that the reason something has gone wrong is because your methods were impractical. You should have recognized that fact before but better late than never. Now, do it right.

♎ Libra
Sept. 24 - Oct. 23
You must not let anyone or anything divert you from the important task you have set yourself. Some say Libra is the most indecisive of all the signs. Now is your chance to prove the critics and doubters wrong.

♏ Scorpio
Oct. 24 - Nov. 22
It is a complete waste of time worrying about things over which you have no control. Focus your mind on good thoughts only today and you may be surprised just how many of your dreams start coming true.

♐ Sagittarius
Nov. 23 - Dec. 21
You have been trying too hard to get along with someone at work. The more you try to impress them, the more they make life difficult for you. Give up on it. They are not worthy of your friendship.

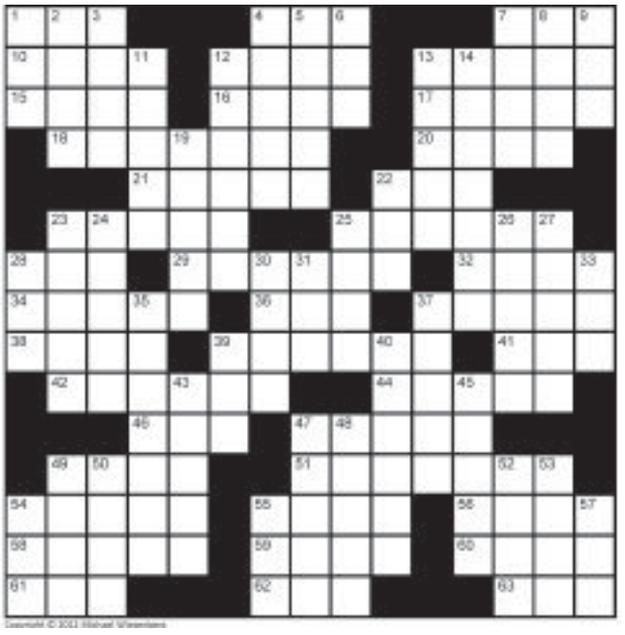
♑ Capricorn
Dec. 22 - Jan. 20
Over the past few months, you have put a lot of effort into your work and now the rewards are coming at you from all directions. Don't let anyone tell you that you do not deserve it. You do.

♒ Aquarius
Jan. 21 - Feb. 19
Whatever life throws at you over the next few days, you will find ways to deal with it. In fact, by the time the moon is full on the Sept. 30, you will be operating on a higher level. Nothing can faze you.

♓ Pisces
Feb. 20 - March 20
You need to make some kind of commitment, one that will tie you down to pursuing a specific aim for the next six months or so. Yes, it's good to be free but freedom needs to be earned like everything else.
SALLY BROMPTON

Solver's Delight

BY MICHAEL WIESENBERG



Across

1. Tampa's state: abbr.
4. *Dracula* creature
7. ___ constrictor: python relative
10. The Kinks' biggest hit
12. Melange
13. Dry heat bath
15. One with a computer
16. Curve
17. 43,560-square-foot units
18. Symbol of regal power
20. Ardent admirers
21. Egyptians and Iraqis
22. Bill's "excellent adventure" partner
23. Correct, as a stitch
25. Conservative Party
28. Nickname for someone from Houston or Dallas
29. Expensive dark-brown furs
32. Andy's 1950s radio partner
34. Not according to plan
36. Cherry tree chopper
37. Be affected at night by a blocked airway
38. Toronto-based "Tom Sawyer" group
39. Part of PEI
41. Golf stand
42. Calgary's NHL team, familiarly
44. Go into
46. "___ the season to be jolly"
47. ___ Carlo: Monaco's capital
49. Marching musicians
51. Where to find 12-Down
54. Sea squalls
55. Fly like eagles
56. Identical
58. Computer warning
59. Great Lake
60. Let out
61. Gender
62. Part of kph or mph
63. Consumed

Down

1. Ague cousin
2. Defeat
3. Sir ___ Guinness of film
4. Book jacket advertisement
5. Buenos ___, Argentina
6. 2,000 pounds
7. Combust
8. Singles
9. Small batteries
11. Geometric computations
12. Parliament's home
13. Toronto-born *60 Minutes* regular Morley
14. Early French Canadian
19. Activate, as an elevator button
22. How-___: instruction manuals
23. Uncle ___: Joel Chandler Harris character who told stories about Brer Rabbit, Brer Fox, etc.
24. Have real being
25. MTV viewer
26. Overact
27. In more pain
28. Asphalt
30. Nanaimo ___: distinctive Canadian treats
31. 61 in Roman numerals
33. Observe
35. Montreal-born *Star Trek* star William
37. *I ___ Letter to My Love:* Melissa Manchester's romantic musical (2 wds.)
39. Abbr. at the end of a letter signalling a second afterthought
40. Shopping ___: mall
43. In the ___ of: among
45. To the point
47. Roger ___: Bond player
48. Sign seen during broadcasting outside a broadcasting studio (2 wds.)
49. Christian of the *Dark Knight* series
50. Ontario-born *Jeopardy!* host Trebek
52. Simon and Garfunkel's "___ Rock" (3 wds.)
53. Bypass
54. Alberta export
55. End-of-summer mo.
57. Quebec summer

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

6		7	8		9	4		5
		4	3		7	9		
	3						6	
			4		2			
4								8
			6		3			
	4						8	
		9	5		4	1		
5		6	1		8	2		3

Yesterday's Sudoku

1	2	7	9	5	6	4	8	3
9	8	3	1	2	4	6	7	5
5	6	4	7	3	8	1	2	6
9	5	8	2	4	1	3	6	7
4	6	2	5	7	3	8	1	9
3	7	1	6	8	9	5	4	2
2	3	6	4	1	5	7	9	8
8	4	9	3	6	7	2	5	1
7	1	5	8	9	2	6	3	4

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easy — hard

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